

# Catering Guide

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Food by FLIK

# breakfast

## **Full Beverage Service**

Freshly Brewed Regular and Decaffeinated Coffee, Assorted Soda, Bottled Water and Mighty Leaf Tea

## **Healthy Start**

Freshly Baked Low-Fat Mini Muffins, Tea Bread, Whole Grain Raisin Walnut Bread, Low-Fat Yogurt, Granola, Raisins, Sliced Seasonal Fruit, Freshly Squeezed Orange Juice, Strawberry Smoothie, Coffee and Tea Service

## **Hotel Breakfast Buffet**

French Toast, Pure Maple Syrup, Scrambled Eggs and Ham (Egg Whites Available Upon Request), Smoked Bacon, Sausage Patties, Home Fries, Sliced Fresh Fruit, Breakfast Pastries, Butter, Preserves, Cream Cheese, Freshly Squeezed OJ, Coffee and Tea Service

## **Breakfast Sandwiches**

Selection of breakfast sandwiches to include:

Egg Whites, Spinach, Turkey Bacon, Alpine Lace Swiss Cheese, Flatbread

Canadian Bacon, Egg, American Cheese, Toasted English Muffin

Scrambled Eggs, Smoked Ham, Cheddar Cheese, Salsa, Burrito

Egg White, Vegetable Frittata on Sandwich Thin

Freshly Squeezed OJ, Coffee and Tea Service

## **Greek Yogurt Bar**

Greek Yogurt, House-Made Granola, Seasonal Berries, Fresh Fruit, Bananas, Raisins, Dried Cranberries, Honey, Pure Maple Syrup, Freshly Squeezed OJ, Coffee and Tea Service

## **Avocado Toast Bar**

Thick-cut 7 Grain Bread, Mashed Ripe Avocado, Tomatoes, Red Onions, Cucumbers, Capers, Smoked Salmon, Chopped Bacon, Hard Boiled Eggs, Baby Arugula, Fresh Dill, Cilantro Sprigs, Freshly Squeezed OJ, Coffee And Tea Service

## **Hot Cereal Bar**

Oatmeal, Cream of Wheat, Raisins, Dried Cranberries, Cinnamon, Walnuts, Granola, Brown Sugar , Pure Maple Syrup, Freshly Squeezed OJ, Coffee and Tea Service

## **Something Else**

Fresh Fruit Granola Yogurt Parfaits

Fresh Fruit Platter

Bagels and Cream Cheese

Freshly Squeezed Orange Juice

Freshly Brewed Iced Tea

Assorted Bottled Juices and Water

Full Coffee Service



# meeting well

Meeting Well is created, managed and trademarked by the American Cancer Society (ACS) to encourage a healthier workplace. Fundamentally, the ACS has developed guidelines, suggestions and tips to plan healthy meetings and events by promoting more nutritious meals and snacks.

## **Continental Breakfast**

Low-Fat Granola, Assorted Cold Cereal, Mini Scones, Mini Muffins, Whole Wheat Bagels, Light Cream Cheese, 100% Whole Fruit Preserves, Seasonal Fresh Fruit, Fresh Fruit Yogurt Parfaits, Fruit Smoothie, Freshly Squeezed Orange Juice, Coffee, Regular and Herbal Tea

## **Hot Breakfast**

Crustless Mini Quiche, Caramelized Onions Ham, Oven Fried Red Bliss Potatoes, Buckwheat Pancakes with Blueberry Sauce, Steel-Cut Oats with Apples Cinnamon, Fresh Seasonal Fruit, Fruit Smoothie, Freshly Squeezed Orange Juice, Coffee, Regular and Herbal Tea

## **Meeting Well Sandwich**

Toasted Almond Chicken Pita Sandwich, Shrimp Corn Salad Stuffed Pita, Vegetarian Antipasti, Korean-Style Steak & Lettuce Wraps, Served with Baby Green Salad, Low-Fat Dressing, Farro Salad with Arugula and Mint, Mini Brownies, Low-Fat Oatmeal Cookies and Full Beverage Service



## **Hot Buffet**

Chicken Marsala with Roasted Garlic, Shrimp Satay, Spicy Sweet Pepper Glaze, Vegetarian Tuscan White Bean Stew with Grilled Ciabatta Bread, Creamy Polenta, Jicama Watercress Romaine Salad, Grilled Asparagus, Low-Fat Oatmeal Cookies and Full Beverage Service

## **Break 1**

Mango, Cucumber, Pineapple and Watermelon Sticks, Muhammara Dip (Roasted Red Peppers Walnuts), Whole Wheat Pita Chips, Mini Low-Fat, Oatmeal Cookies, Strawberry Lime Aqua Fresca, Sparkling Water and Herbal Tea

## **Break 2**

Chili Spiced Popcorn, Granola Bars with Almonds, Watermelon Aqua Fresca, Sparkling Water, Herbal Tea, Berry Fruit Cup Balsamic Drizzle

# Lunch - sandwiches

## DELI SANDWICHES

### Design Your Own

choose any 5 sandwiches

#### All American Favorites

House Roasted Turkey, Brie Cheese, Honey Mustard, Baguette

Smoked Ham, Arugula, Swiss Cheese, Ciabatta

Rare Roast Beef, Frizzled Onions, Horseradish Mayo, Baguette

Grilled Buffalo Chicken Wrap, Shredded Lettuce and Bleu Cheese

Smoked Turkey, Cabbage Slaw, Swiss Cheese Rye Bread

Turkey Club Sandwich on a Roll, Bacon, Lettuce, Tomato

All-White Meat Waldorf Chicken Salad, Diced Apples, Celery

Corned Beef, Swiss, Spicy Mustard on Pumpernickel Roll

#### Italian

Italian Combo, Spicy Ham, Salami, Pepperoni, Roasted Peppers, Provolone, Ciabatta

Prosciutto, Arugula, Asiago Cheese, Focaccia

Grilled Chicken Caesar Wrap, Shredded Romaine, Parmesan Cheese

Grilled Chicken, Pesto Mayo, Fresh Mozzarella Cheese

#### Asian / Bahn Mi

With pickled vegetables, cilantro, Sriracha mayo

5-Spice Rubbed Pork Tenderloin

Roasted Curried Cauliflower

Grilled Sweet Chili Glazed Chicken

#### Vegetable

Balsamic Roasted Vegetable Goat Cheese Whole Wheat Wrap

Caprese – Fresh Mozzarella, Tomato, Fresh Basil, Balsamic Glaze, Ciabatta Roll

Avocado Toast, 7 Grain Bread, Tomato, Cucumber, Cilantro

Grilled Portobello Mushroom, Goat Cheese, Hummus, Sandwich Thin

#### From the Sea

Tuna Salad, Cucumber, Whole-Grain Roll

Cajun Shrimp Salad, Toasted Roll (+ 1.00)

Smoked Salmon, Scallion Cream Cheese, Red Onion, Bagel (+ 1.00)

#### Salads

choose any 2 items below

Baby Green Salad, 2 Dressings

Caesar Salad

Balsamic Roasted Vegetable

Grain Salad of the Day

Red Bliss Potato Salad

BBQ Spiced Potato Chips

All Sandwich Lunches include cookies, brownies and Signature Bars, Full Beverage Service



# lunch - sandwiches

## **Deli Platter Lunch**

To include:

Deli Platter – In-house Roast Beef, Smoked Turkey, Smoked Ham, Grilled Chicken Breast, Tuna Salad

Cheese's – American, Swiss, Provolone, Jack Cheese

Relish Tray – Leaf Lettuce, Tomatoes, Pickles, Roasted Peppers, Banana Peppers

Breads – Rolls, Ciabatta, Baguette, Wraps

Spreads – Mayo, Mustard, Honey Mustard, No-nut Pesto

Homemade Potato Chips, Freshly Baked Cookies, Signature Bars, Full Cold Beverage Service

## **FLIK Mini Soup and Sandwich Sampler**

Petite Sandwiches On Mini Rolls:

Roast Beef, Arugula, Horseradish Cream, Sourdough Roll

Grilled Chicken, Cajun Mayo, Mini Roll

Smoked Turkey, Brie Cheese, Spinach, Honey Mustard, Mini Ciabatta

Grilled Vegetable Muffaletta, Olive Relish

Tuna Salad, 7-grain Roll

Chef's Soup of the Day

Relish Tray – Leaf Lettuce, Tomatoes, Pickles, Roasted Peppers, Banana Peppers

Baby Green Salad, two dressings, chef's salad of the day, homemade potato chips, freshly baked cookies, signature bars, full cold beverage service

## **Flatbread and Panini's**

Chicken Pesto Fresh Mozzarella Flatbread

Smoked Turkey, Honey Mustard, Spinach, Swiss Cheese Panini

Smoked Ham, Tomato, Arugula, Brie Cheese, Grilled Pita

Grilled Vegetable, Red Pepper Hummus, Sandwich Thin

Relish Tray – Leaf Lettuce, Tomatoes, Pickles, Roasted Peppers, Banana Peppers

Baby Green Salad, two dressings, chef's salad of the day, homemade potato chips, freshly baked cookies, signature bars, full cold beverage service

## **Lunch Additions**

Soup of the Day

Specialty Chili and Chips

House-Made BBQ Spiced Chips

Hummus and Vegetable Crudit 

House-Made Agua Fresca

Mighty Leaf Freshly Brewed Iced Tea

Guacamole and Tortilla Chips



# lunch - salads

## Caesar Salad Buffet

Crisp Romaine Lettuce and Baby Spinach

Tomatoes, Olives, Cucumbers, Mushrooms, Broccoli, Carrots

Grilled Marinated Breast of Chicken  
Lemon Pepper Spiced Shrimp  
Grilled Balsamic Glazed Tofu

Hand Cut Croutons, Shredded Parmesan Cheese, Regular And Low-fat Caesar Dressing

Freshly Baked Focaccia

Cookies, Lemon Bars, Full Cold Beverage Service

## Grain Salad Bowl

Mixed Baby Greens and Arugula  
Quinoa, Wheat Berries

Avocado, Cucumbers, Olives, Tomatoes, Dried Cranberries, Edamame, Broccoli and Cauliflower Florets, Chopped Walnuts, Sunflower Seeds, Goat and Parmesan Cheese

Grilled Marinated Breast of Chicken  
Lemon Pepper Spiced Shrimp

Sesame Ginger and Raspberry Dressing

Flax Seed Granola Bars, Berries with Greek Honey Yogurt Sauce, Full Cold Beverage Service

## De-Constructed Cobb Salad Lunch

Iceberg Wedges and Arugula

Tomatoes, Roasted Corn, Avocado, Chopped Egg, Red Onion, Cucumber, Apple-wood Bacon, Crumbled Bleu Cheese and Shredded Cheddar

Grilled Marinated Breast of Chicken  
Chunk Albacore Tuna  
Grilled Portobello Mushrooms

Ranch and Balsamic Dressings

House-made Cornbread  
Cookies, Seasonal Fruit Cobbler, Full Cold Beverage Service

## Lunch Additions

Soup of the Day  
Specialty Chili and Chips  
House-Made BBQ Spiced Potato Chips  
Hummus and Vegetable Crudit e  
House-Made Agua Fresca  
Mighty Leaf Freshly Brewed Iced Tea  
Guacamole and Tortilla Chips



# Lunch - buffets

## Regional American BBQ

Texas BBQ Beef Brisket, Carolina Pulled Pork  
Potato Sala, Cole Slaw, Maple Molasses Baked  
Beans, Tossed Salad ,Ranch and Vinaigrette  
Dressings, Corn Bread with Honey Butter

Watermelon Agua Fresca, Pecan Bars, Freshly  
Baked Cookies, Brownies, Full Cold Beverage  
Service

## Classic Italian

Chicken Parmesan, Penne ala Vodka with Peas,  
Traditional Caesar Salad, Tomato Fresh  
Mozzarella Salad, Roasted Broccoli and Red  
Peppers, Garlic Bread

Lemon Mint Agua Fresca, Mini Cannoli's, Freshly  
Baked Cookies, Brownies, Full Cold Beverage  
Service

## Authentic Mexican Taqueria

Chicken Tinga, Pork Carnitas, Soft Flour Tortillas,  
Mexican Cilantro Rice, Black Bean Sofrito

Tortilla Chips, House-made Guacamole, Fire  
Roasted Tomato Salsa, Mexican Crema, Pickled  
Red Onions, Cilantro, Limes

Pineapple Lime Aqua Fresca, Coconut Rice  
Pudding, Freshly Baked Cookies, Brownies, Full  
Cold Beverage Service

## Southeast Asian Flavors

Vietnamese Caramel Chicken, Lemongrass  
Ginger Shrimp, Jasmine Rice, Green Curry  
Coconut Vegetables, Crisp Vegetable Spring  
Rolls, Sweet Chili Sauce

Mango Mint Aqua Fresca, Ginger Molasses  
Cookies, Freshly Baked Cookies, Brownies, Full  
Cold Beverage Service

## Taste of India

Chef Bal's No Butter Chicken, Shrimp Coconut  
Curry, Roasted Curried Cauliflower, Channa  
Masala Garbanzo Beans, Steamed Basmati  
Rice, Mango Chutney, Spiced Tomato Chutney  
Naan Bread

Ginger Mint Aqua Fresca, Bal Ameson  
Chocolate Chip Lentil Cookies, Brownies, Cold  
Beverage Service



## Comfort Classics – Build Your Own

Soup of the Day or Traditional Caesar Salad  
Choose 2 entrée's:

Roasted Turkey Breast, Pan Gravy  
Braised Chicken Thighs Cacciatore  
Turkey Meatloaf, Mushroom Gravy  
Grilled Salmon Filet, Cucumber Relish  
Rosemary Rubbed Pork Loin, Apple Relish  
Chicken Marsala, Portobello Mushrooms

Choose 3 of the following:

Smashed Yukon Potatoes  
Brown Rice Pilaf  
Green Beans and Carrots  
Balsamic Roasted Vegetables  
Seamed Broccoli with Lemon Zest

Cucumber Mint Agua Fresca, Freshly Baked  
Cookies, Brownies, Full Cold Beverage Service

# breaks – morning

## **Build Your Own Parfait Bar**

Greek Yogurt, Seasonal Berries, Seasonal Dried Fruits, Toasted Almonds, Wheat Germ, Low-fat Granola

## **Avocado Toast Bar**

Toasted 7 Grain Bread, Mashed Ripe Avocado, Tomatoes, Red Onions, Cucumbers, Capers, Smoked Salmon, Chopped Bacon, Hard Boiled Eggs, Baby Arugula, Fresh Dill, Cilantro Sprigs,

## **Mini Biscuits**

Mini Biscuits Including: Smoked Ham and Caramelized Onion, Sausage and Cheddar Cheese and Egg White and Turkey Bacon

## **Crepes of Brittany**

Filled Crepes to Include: Sweet Bakers Cheese, Strawberries and Nutella

## **Smoothie Shooters**

Strawberry Banana, Golden Pineapple Ginger , Creamsicle, Homemade Flax Seed Granola Bars, Morning Trail Mix

## **Power Break**

Dried Fruit, Nuts, Flaxseed Bars, Berries and Apple Pomegranate Juice



## **Tea and Scones**

Homemade Mini Raisin and Lemon Scones, Devonshire Cream, Assorted Jams and Jellies and Mighty Leaf Teas



# breaks – afternoon



## **Tortilla Chip Bar**

Regular and Baked Corn Tortillas, Traditional and Black Bean Salsa, Sour Cream, Jalapeno Cheese Sauce and Chilled Limeade

## **Latin Chips and Dips**

Fried Plantain and Yucca Chips Served With Corn Tomato Salsa, Black Bean Dip, and Non-Alcoholic Sangria

## **Grilled and Raw Vegetables**

Grilled Eggplant, Zucchini, Summer Squash Asparagus, Raw Carrots, Red Peppers, Radishes, Red Pepper Hummus, Baked Whole Wheat Pita Chips, Carrot Juice

## **Bruschetta Break**

Assorted Crisps and Flatbreads; Tomato Basil, Kalamata Olive and Cranberry Pear Toppings, Flax Seed Granola Bars, Strawberry Lemonade

## **Hummus Break**

Traditional Chic Pea Hummus, Roasted Pepper Hummus, Assorted Crisps and Pita Crisps, Mint Iced Tea

## **Air Popped Popcorn Break**

Sweet Caramel Spiced Popcorn, White Cheddar, Cinnamon Toast, Watermelon Aqua Fresca

## **Italian Cookie Break**

Biscotti, Lady Fingers and Amaretti Cookies, Chilled Mochaccino

## **Artisan Cheese**

A selection of local and imported cheeses, Dried Fruits, Nuts, Crostini's and Crisps, Cucumber Mint Agua Fresca

# celebrations

## STATIONS

### **Mediterranean Table**

Baba Ganoush, Hummus, Muharrama (Red Pepper, Walnut, Pomegranate), Tabbouleh, Marinated Olives, Pita Chips, Lavash, Crostini and Focaccia

### **Antipasto**

Imported Prosciutto, Cappicola, Hard Salami, Imported Italian Cheeses, Calamata Olives, Grilled Flatbread, Crostini, Focaccia Crisps

### **Cheese**

A Selection Of Domestic, Imported and Local Cheeses, Dried and Seasonal Fruits, Crisps, Flatbreads and Crostini

### **Guacamole Tasting**

Traditional Avocado, Edamame and Asparagus Guacamole, Tortilla Chips, Yucca and Plantain Chips, Charred Tomato Salsa

### **Lettuce Wraps**

Bibb Lettuce, Korean Short Ribs, Thai Red Curry Shrimp, Teriyaki Chicken, Pickled Vegetables, Kim Chi, Chopped Cashews, Sweet Red Chili Sauce

### **Asian Dumplings**

Shrimp Shu Mai, Pork Gyoza, Vegetable Dumplings with Hoisin BBQ, Thai Red Chili and Ponzu Dipping Sauce

### **Sushi & Sashimi**

Assorted Sushi & Sashimi, Spicy Tuna, Salmon, Shrimp, California Roll, Vegetarian Rolls, Wasabi, Soy, Pickled Ginger

### **Cold Seafood Bar**

Shrimp Cocktail, Clams on the Half Shell, Crab Claws, Lemon, Tabasco, Horseradish, Cocktail and Classic Mignonette Sauce

### **Carving Board** choose 1-2

NY Sirloin Strip Loin, Maple Basted Roast Breast Of Turkey, Fennel Cracked Pepper Pork Loin, Mini Rolls, Mustards, Aioli and Spreads



## HORS D'OEUVRES

### **Cold Vegetable**

Goat Cheese Lollipops, Pistachios, Grapes  
Brie Cheese Crostini, Pickled Peppers  
Cauliflower Flan Provencal, Fennel Radish Micro Salad  
Celeriac Slaw on Herb Grilled Pita, Apple Chutney

### **Sea**

Mini Lobster Roll, Micro Celery  
Smoked Salmon on Rye, Dill Cream Grapefruit Pearls  
Tuna Tartar, Wakame, Sesame Cone  
Beet Salmon Gravlax, Citrus Salad Micro Mint

### **Land**

Curried Chicken Salad, Toasted Almond, Coconut  
Sliced Sirloin, Tuscan Crisp, Tomato Fondue  
Prosciutto Crostini, Fig Jam, Mascarpone  
Shaved Imported Prosciutto, Manchego, Truffle Honey

### **Hot Vegetable**

Japanese Eggplant Parmesan, Cilingini, Oven Dried Tomato  
Curried Red Lentil Shooter  
Wild Mushroom Tartlet  
Mini Grilled Cheese, Tomato Basil Soup Shooter  
Indian Potato Pea Samosa Cake

### **Sea**

Sesame Crusted Salmon Skewer Yuzu Dipping Sauce  
Pancetta Wrapped Shrimp, Mango Glaze  
Coconut Shrimp, Sweet and Sour Pineapple Dipping Sauce  
Maryland Crab Cakes, Fennel, Pepper Jelly

### **Land**

Chicken Sesame Scallion Dumplings, Tamari  
Chorizo Hushpuppy, Smoked Paprika Aioli  
Mini Croque Monsieur, Smoked Ham, Confit Cherry Tomato  
Masa Harina Crusted Fried Chicken, Tangerine Honey  
Mini Short Rib Arancini, Truffle Parmesan Cream  
Indian Spiced Lamb Meatballs, Yogurt Mint Sauce

## **Greens**

Organic Local Greens, Heirloom Tomatoes, Aged Balsamic Vinegar  
Baby Kale Caesar, Reggiano Parmigiana, Brioche Croutons  
Baby Bok Choy, Avocado, Cashews, Thai Sesame Vinaigrette  
Arugula, Shaved Fennel, Gorgonzola Cheese

## **More**

Shrimp Cocktail Martini, Micro Celery Greens, Spiced Cocktail Sauce  
Lump Crab and Roasted Corn Cakes, Ancho Chili Papaya Sauce  
Warm Montrachet, Leek & Asparagus Tart, Balsamic Bundled Greens  
House Cured Salmon Gravlax, Pickled Fennel, Lemon Yogurt

## **Poultry**

All-Natural Bell and Evans Chicken, Wild Mushroom Marsala Sauce  
Grilled Moulard Duck Breast, Port Wine Currant Sauce  
Scaloppini Of Turkey, Ragout of Cannellini Beans and Sage  
Fennel Crusted Roasted Cornish Hen, Glazed Cipollini Onions, Tomato Jam

## **Meat**

Seared Heartland Filet Mignon, Sweet Potato, Baby Beets  
Slow Braised Sangria Glazed, Short Rib, Smashed Potato and Parsnips  
Pesto Crusted Rack of Lamb, Fava Beans Succotash, Black Trumpet Mushrooms  
Apple Wood Bacon Wrapped Pork Tenderloin, Pappardelle Pasta, Chanterelles

## **Seafood**

Pan Seared Verlasso Salmon, Shitake Mushrooms, Pickled Cucumber, Yuzu Broth  
Grilled Atlantic Halibut, Fingerling Potatoes, Tomato Saffron Broth  
Seared Diver Scallops, Celeriac Puree, Baby Spinach, Crispy Chorizo  
Roasted Jumbo Prawns, Spinach and Farro Risotto

## **Vegetarian**

Thai Coconut Curry Vegetable Potato Stew, Jasmine Rice  
Grilled Cauliflower Steak, Arugula Fennel Slaw, Lemon Tahini Sauce  
Cavatelli, Grilled Artichokes, Calamata Olives, Grape Tomatoes, Fresh Ricotta  
Wild Mushroom Cannelloni, Burrata Cheese, Opal Basil

## **Dessert**

Flourless Chocolate Torte  
Fig and Pear Croustade, Vanilla Bean Syrup  
Warm Brioche Bread Pudding, Maple Ice Cream  
Almond Tuile with Seasonal Sorbet